



St Benedict's Catholic High School
1971

Dovera Award

Y7 2024-5 onwards

Y8 2025 -6 onwards

Y9 2026 – 7 onwards



**CUMBRIAN
AWARD**

adventure enterprise culture



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To “**BE**” that is our mission

BElong

BElieve

BEcome

We are introducing the Cumbrian Award, Dovera Award, for our Year 7 Pupils in the academic year 24 – 25.

The Cumbrian Award is delivered through three strands: Adventure, Culture and Adventure. It provides quality experiences for our pupils that develops eight essential skills, and the attributes needed to thrive in a rapidly changing world.

Speaking; Listening; Problem Solving; Creativity and Innovation; Positivity and Self-belief; Aiming High; Showing Leadership; Teamwork

These are logged on Unifrog in the skills tool.

Pupils may already have completed the Setheria Award in their primary school.



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What is a Quality Experience?

For the Dovera Award, pupils engage in the equivalent of 15 hours per strand per year over the course of Year 7, Year 8 and Year 9.

For each strand of Cumbrian Award, a Quality Experience includes a concrete activity such as an outdoor residential, coastal adventure, public performance based on local culture, an arts exhibition and sale etc.

There are learning experiences leading up to this concrete activity and pupil reflections on their learning and their skills gained from participating in the quality experience.

These experiences provide appropriate levels of challenge and promote both collaborative and independent learning opportunities with a strong emphasis on fostering ambition and confidence.

How does participation work?

Every participating pupil will have their own Cumbrian Award Passport. This Passport provides evidence of successful completion of Quality Experiences for each strand of the award. An electronic record of Cumbrian Award cohorts is also maintained centrally.

Dovera Award For **each strand** across Year 7 – Year 9:

3 Quality Experiences totalling 15 hours

1 Quality Assessed Workbook



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To achieve either the Setheria or Dovera Cumbrian Award in either Year 6 or Year 9, pupils will need to collect all three Strand Completion Stickers in their passport.

ADVENTURE
CUMBRIAN AWARD
PLATE 8/1000

Workbook Assessed

Date _____
Teacher's signature _____

Experience 1

Description _____

Date completed _____
Teacher's signature _____

Experience 2

Description _____

Date completed _____
Teacher's signature _____

Experience 3

Description _____

Date completed _____
Teacher's signature _____

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ENTERPRISE
CUMBRIAN AWARD
PLATE 10/1000

Workbook Assessed

Date _____
Teacher's signature _____

Experience 1

Description _____

Date completed _____
Teacher's signature _____

Experience 2

Description _____

Date completed _____
Teacher's signature _____

Experience 3

Description _____

Date completed _____
Teacher's signature _____

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CULTURE
CUMBRIAN AWARD
PLATE 12/1000

Workbook Assessed

Date _____
Teacher's signature _____

Experience 1

Description _____

Date completed _____
Teacher's signature _____

Experience 2

Description _____

Date completed _____
Teacher's signature _____

Experience 3

Description _____

Date completed _____
Teacher's signature _____

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How we achieve the Cumbrian Award			
Subject	Year Group	Lesson / Talk / Trip /Activity description	When
Art and Design	Y7	Colour project includes looking at L.S. Lowry's painting of the fish and chip shop in Egremont and other paintings he did from around here.	Autumn term
Geography & History	Y7 Sept/Oct	Trip to Carlisle - Exploring the urban cityscape and the castle	Autumn term
Science	Y7	Energy and Electricity- renewable energy production in Cumbria, Energy coast, nuclear energy production Ecological Relationships- Students learn about freshwater ecosystems, the species that inhabit lakes	Spring 2 Summer 3
History	Y7	Medieval Cumbria - impact of the invasion/settlement of the Celts, Anglo-Saxons and Vikings.	Spring term
Geography	Y 7	Raging Rivers unit - Looking at global & local rivers & their processes	Summer term 1
English	Y7	Study the song 'the lakes' by Taylor Swift in seminal poetry which is all about the Lake District, particularly Windermere. We also look at Wordsworth and the children write their own poetry inspired by our lakes.	Summer 2
PD	Y8	Enterprise Project 1. Setting up a company to recycle local unwanted items 2. Market Research and Manufacturing 3. Marketing and selling Purpose to fundraise for the Year 9 Adventure activity	Oct - April
Science	Y 8	Elements compounds and Mixtures- John Dalton renowned Chemist/ Physicist, developed the atomic theory The Earth- Geology of Cumbria: study rock types, the formation of mountains, and plate tectonics. Lake District mountains used to explore Earth's structure and geological processes.	Autumn term 1 Spring term 2
Art and Design	Y8	Lettering project includes looking at where you are from, looking at the Cumberland flag.	first term.
Geography	Y8	Look at it this way unit - Looks at landscapes and farming in Cumbria	Autumn term 1
History	Y8	History of Whitehaven 1600-1900 with a focus on the Industrial Revolution	January
History	Y8	Cumbria's links to the slave trade and abolition movement	Spring term
History	Y8	Contributions of local soldiers to WWI (especially Abraham Acton)	Summer term
English	Y8	Travel writing and we write about Whitehaven or another local area of choice.	Spring Term
Geography	Year 8	Say Hello, Wave Goodbye unit - Looking at Cumbrian coastlines	Summer term 1



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Geography & DT	Y8 June	Trip to St. Bees - Exploring the coastal features & designing a beach hut	Summer term
History	Y9	Contributions of local soldiers to WWI/WWII	November standalone lessons on Remembrance
Geography	Y 9	Why does it always rain on me unit - Looking at Cumbrian weather & the reasons why	Autumn 2
History	Y9	The Windermere Children - Holocaust survivors who came to convalesce in Cumbria in 1945	January
Geography	Y 9	Out of the freezer unit - Looking at glaciation and the creation of landforms in the Lake District	Summer 1
Geography	Y9	School's out for the summer unit - Looking at tourism in the Lake District	Summer 2
Geography	Y9 July	Trip to Silloth looking at change over time	Summer term
Science	Y 9	Chemical reactions- Mining History in Cumbria, mineral resources, coal iron ore, limestone, the extraction of materials for iron production (blast furnace) and cement (Shap). St Benedict's-Red Lunning from iron ore Ecology and Ecosystems- sustainable farming practices, Soil Science, plant growth. Cumbrian wildlife/habitat- Sun Dew plants. Biodiversity/Interdependence- Squirrel's and Ospreys. Conservation Efforts.	Autumn 1 Summer 3
Computer Science	Y7 – Y9	Signposting of local career pathways linked to computing roles where appropriate	Throughout where appropriate
Personal Development	Y9	Planning an adventure; <ul style="list-style-type: none"> • How to read maps and navigate, • carry out a risk assessment and minimise risks • booking and engaging in an adventurous activity 	Summer term